

## Health Education Content Standard 5: Decision Making

**All students will demonstrate the ability to use decision-making skills to enhance health.**

**Rationale:** Managing health behaviors requires critical thinking and problem solving. The ability to use decision-making skills to guide health behaviors fosters a sense of control and promotes the acceptance of personal responsibility.

### Second Grade Decision Making Competencies

- Use a decision-making process to select healthy foods.
- Compare and contrast healthy and less-healthy food choices for a variety of settings.
- Identify safe ways to increase physical activity.

Possible English-Language Arts Standards Links	Lesson/Activity Ideas
<b>Reading Comprehension</b> 2.5 Restate facts and details in the text to clarify and organize ideas. 2.6 Recognize cause-and-effect relationships in a text. 2.7 Interpret information from diagrams, charts, and graphs.  <b>Writing</b> 1.1 Group related ideas and maintain a consistent focus.  <b>Listening and Speaking</b> 1.4 Give and follow three-and four-step oral directions. 1.9 Report on a topic with supportive facts and details. 2.2 Report on a topic with facts and details, drawing from several sources of information.	2.6 Present students with good/bad food choices and they determine the effects. 2.7 Read labels to gather nutritional value. Compare and contrast nutrition labels.  1.1 Write How to Books (sandwich, etc).
Possible Math Standards Links	Lesson/Activity Ideas
<b>Number Sense</b> 1.3 Order and compare whole numbers to 1,000 by using the symbols <, =, >. 4.1 Recognize, name, and compare unit fractions from 1/12 to 1/2.  <b>Statistics, Data Analysis, and Probability</b> 1.1 Record numerical data in systematic ways, keeping track of what has been counted.	1.3 Order values found on nutrition labels.

<p>1.2 Represent the same data set in more than one way (e.g., bar graphs and charts with tallies).</p> <p>1.4 Ask and answer simple questions related to data representations.</p> <p><b>Mathematical Reasoning</b></p> <p>1.1 Determine the approach, materials, and strategies to be used.</p> <p>1.2 Use tools, such as manipulatives or sketches, to model problems.</p> <p>2.1 Defend the reasoning used and justify the procedures selected.</p> <p>2.2 Make precise calculations and check the validity of the results in the context of the problem.</p>	<p>1.2 Create bar graph of nutrition labels.</p>
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